Claims:

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- 1. A tensioning element (1) having:
 - a bearing bracket (2) with a first and second surface (6, 25),
 - a clamping means (3), which is mounted displaceably in the bearing bracket (2) and which comprises a clamping piece (4) interacting with the first surface (6) and a foot (5), wherein the clamping piece (4) and the foot (5) are connected together by a middle piece (7) and the middle piece (7) exhibits a smaller diameter than the foot (5) and
 - a spring (8), which interacts with the second surface (25) and the foot (5).
- 2. A tensioning element according to claim 1, characterised in that the middle piece (7) and the foot (5) are mounted displaceably in the bearing bracket.
- 3. A tensioning element according to claim 2, characterised in that the clamping means (3) consists of two parts.
- 4. A tensioning element according to claim 3, characterised in that the clamping piece (4) and the middle piece (7) constitute the one part and the foot (5) is the other part.
- 5. A tensioning element according to claim 3, characterised in that the clamping piece (4) is the

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one part and the middle piece (7) and the foot (5) constitute the other part.

- 6. A tensioning element according to any one of claims 3-5, characterised in that the connection between the parts is a material and/or frictional connection.
- A tensioning element according to any one of the preceding claims, characterised in that the bearing
 bracket (2) is U-shaped.
 - 8. A tensioning element according to any one of the preceding claims, characterised in that the bearing bracket (2) comprises a preferably annular recess (23) in the first surface (6).
 - 9. A tensioning element according to claim 8, characterised in that the clamping piece (4) comprises a preferably annular bulge (24), which interacts with the recess (23).
 - 10. A tensioning element according to any one of the preceding claims, characterised in that it is part of a chain (13), preferably a chain conveyor for film webs.
 - 11. A chain conveyor, preferably for film webs, characterised in that it comprises tensioning elements according to any one of claims 1-9.
 - 12. A means (14) for opening and closing the tensioning element (1) according to any one of claims 1-10, characterised in that it comprises two ramps (15, 16),

wherein the tensioning element (1) is opened with the ramp (15) and closure of the tensioning element (1) is controlled with the ramp (16).

- 5 13. A means according to claim 11, characterised in that the ramps (15, 16) are arranged at an angle to one another of < 180°, preferably < 130°, particularly preferably < 90°.
- 10 14. A means according to either one of claims 12-13, characterised in that the gradient of each of the ramps (15, 16) is different.
- 15. A means (19) for opening and closing the tensioning
 element (1) according to any one of claims 1-10,
 characterised in that it is a circular disk (20), the
 axis of rotation (21) of which is offset relative to
 the axis of rotation (22) of a gear wheel (17), with
 which a chain (13) is conveyed which comprises the
 tensioning elements (1).
 - 16. A means according to claim 15, characterised in that it is mounted rotatably.
- 25 17. A means according to any one of claims 12-16, characterised in that it is mounted on the same shaft (18) as the gear wheel (17) of the chain (13).
- 18. A means according to any one of claims 12-17,
 30 characterised in that the axis of rotation (21) and/or the axis of rotation (22) are inclined relative to the vertical.